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## **ZOSTAVAX VACCINE TO PREVENT SHINGLES – NOW AVAILABLE AT CATAWBA COUNTY PUBLIC HEALTH**

Catawba County Public Health announces the availability of the Zostavax vaccine for the public. Zostavax is used for adults 60 years of age or older to prevent shingles (also known as zoster). At least 1 million people a year in the United States get shingles, most commonly in people over 60 years of age. Zostavax works by helping the immune system protect a person from getting shingles, and the associated pain and other serious complications.

Shingles is a rash that is usually on one side of the body. The rash usually lasts up to 30 days. In some cases, person receiving the Zostavax vaccine may still have singles; however, Zostavax may help prevent the nerve pain that can follow shingles in some people.

Shingles is caused by the same virus that causes chickenpox. Once a person has had chickenpox, the virus can live, but remain inactive, in one or more nerve roots in the body for many years. Age and problems with the immune system may increase the risk of getting shingles.

The current fee for the Zostavax vaccine will be \$179. All persons are expected to pay for the vaccine at the time of service. A claim form will be given to each person which they can then submit to their insurance carrier for possible reimbursement.

For more information or to schedule an appointment, please contact Catawba County Public Health at 828-695-5800.

